

Shoppers MARKETS

7 SALE DAYS
THURSDAY THRU WEDNESDAY, SEPT. 22-28, 1960
● TAX COLLECTED ON TAXABLE ITEMS ● LIMIT RIGHTS RESERVED



MEAL

MAGIC FOOD VALUES



Meal time magic can make money for you

Does it get harder every day to stretch those budget bucks? Do you wilt trying to think of something different for dinner? Just about everyone has the same problems. Read these ideas and, if you like them, clip this column and tack on the inside of a cupboard door for reference.

Bones from smoked meats, such as ham hocks, can be made into a tasty stock for lentil, navy bean or split-pea soup. You can also simmer them to make stock for gravies and sauces.

Use up that leftover meat by combining it in cream sauce and serving it piping hot with toasted corn bread squares; or by grinding together with minced vegetables and mixing with mayonnaise for tasty, nutritious spreads.

Cut pockets in your meat and put money in your own. Filling good meat with stuffing is one of the most attractive, delicious (and simple) ways to do a bit of stretching. Chops, breast, shoulder—almost any cut can be split and stuffed.

Do you buy slab bacon? Don't throw that rind away! Clean, then save it for flavoring soups and vegetables.

Stale, dried-up cheese turns into a delicious spread when placed into the meat grinder with chunks of raw onion.

You can use your fats over and over by straining them after each use. Fry slices of potato in fat to remove the odors of fish, onion or other highly flavored foods.

A little oatmeal adds much flavor and richness when used as a thickener for soups. Try it!

If YOU have any ideas you'd like to pass on to other folks, let us know about them. We'll pass 'em on.

See you next week.

Weston OVEN FRESH
Crackers
Full Pound Box **19¢**

BAKER'S CHOCOLATE CHIPS
6-oz. Pkgs. **1**
GOLDEN RANCH BREAD 27¢ WHITE LGE. LOAF

FRIGID DOUGH • FROZEN
FRUIT PIES
Your Choice **29¢** ea.

PILLSBURY PANCAKE MIX
2-lb. Pkg. **35¢**

PUREX BLEACH
1/2 GAL. **29¢**

THE 12-IN-1 MIX
Bisquick
40 Ounce Pkg. **29¢**

Smucker's Famous **JELLIES**
• APPLE • GRAPE
• MINT • ELDERBERRY
• CINNAMON APPLE
Your Choice **5** 10-oz. Jars **\$1**

Vermont Maid **SYRUP**
Always the Favorite
12-oz. Btl. **29¢**

TREE TOP **APPLE JUICE** Full Quart **29¢**
BRILLO **SOAP PADS** 2 12-Ct. Pkgs. **49¢**
ZEE **PAPER TOWELS** Giant Size **29¢**
PRE-COOKED **MINUTE RICE** 14-oz. Pkg. **39¢**

Brookhaven BRAND **TOMATO JUICE**
46-oz. Can **19¢**

fancy PRODUCE
FRESH, CRISP, SOLID
LETTUCE
2 Large Heads **25¢**
Fancy, All Purpose, New Crop
Pippin APPLES
3 LBS. **25¢**
Thick Meated Fine for Baking
BANANA SQUASH
LB. **3¢**

Wong's **FROZEN CHINESE FOODS**
• Egg Fu Young
• Fried Rice
• Pork Chop Suey
• Chicken Chop Suey
39¢ ea
• SWEET & SOUR PORK, 10-oz. 49¢
• EGG ROLL, 6-ozs. 49¢

CARNATION
Instant Dry Milk **3 qt. 29¢**
Canned Milk **7 #1 TALL CANS \$1.00**

MAGNOLIA **Small Apricots** 8-oz. Size **29¢**
XLNT Hacienda Frozen
• Beef & Cheese **3** 12-oz. Size **\$1.00**
ENCHILADAS
• Enchilada Dinner 14-oz. Pkg. **39¢**
• BEEF TACOS
FEILER'S • FROZEN **Beef & Veal Cutlets** 15-oz. Pkg. **59¢**

Delicatessen
WISCONSIN **Swiss Cheese**
Sliced 5-oz. Pkg. **29¢**

GRAND TASTE—ALL BEEF
Midget Salami 12-oz. Pkg. **59¢**
PULASKI • POLISH **Pickles** 32-oz. Jar **39¢**

- CONDENSED ALL 20-lb. Box \$4.79
- LUX SOAP 2 Bath Bars 31¢
- LUX SOAP 3 Reg. Bars 33¢
- LUX LIQUID 22-oz. Can 73¢
- WISK FOR DISHES Qt. 79¢
- LUX FLAKES Large Package 35